

# **Krayzie K'S**

## **Race Waiver & Declaration**

### **Waiver & Release Declaration**

By my participation in this event, I do hereby agree the exclusion of liability to the event, event directors, venue providers and their stakeholders and employees, sponsors, volunteer groups or individuals or any other persons connected with this event either directly or indirectly from all claims for injuries, death and or damage however caused that I may suffer out of my participation in this event.

I also release and forever discharge the above groups from all actions, suits, proceedings, claims, demands, losses, damages, penalties and fines however arising (including negligence).

I agree to comply with the rules and directions of event officials and their personnel, including being withdrawn from the course should it be deemed unsafe for me to continue after evaluation from a qualified first aider or medical person in liaison with yourself, your support crew and race directors.

I acknowledge that I participate entirely at my own risk.

I hereby attest and verify that I am medically and physically fit, and have trained sufficiently for this event.

I hereby allow the use of my name and image to be used in the media and for marketing purposes, and accept that my details will be added to the Krayzie Kapers event database. I also understand that I may be contacted via email by Krayzie Kapers from time to time in regards to upcoming events and promotions.

I hereby agree that in the case of event cancellation due to extreme inclement weather or other unforeseen events that make the running of the event dangerous (at the discretion of event officials), my entry fee shall be entirely non-refundable.

I hereby authorise the Event Directors or their representatives to call for medical assistance or ambulance/flight extraction if this is deemed necessary. All endeavours will be made to liaise with yourself and your emergency contacts before any decision is made but this may not be possible.

### **Environmental**

I acknowledge the need to care for our environment and in the spirit of "take only photo's, leave only footprints", agree to take no action that would impact adversely on the environment.

I acknowledge I have read the "no single use plastic" policy as outlined on the Krayzie Kapers website.

I promise to nurture my tree for future generations and if unable to do so will pass it on to someone who can or donate it back to the park.

***Declaration to be signed at registration.***

# *Krayzie K'S*

## **Race RULES**

- All participants must follow the course marking signs and instructions.
- Participants are to stay on the marked course at all times. Taking short cuts is cheating ...we have a zero tolerance to cheats. Should you wish to DNF for any reason other than injury you must do so at the end of a loop at Base Camp and inform the timing team that you are not going to continue. (We then won't send out a search for you later on)
- On completing each loop (half lap), you must make the timing team aware of your number – this is used as a safety check for participants. Failure to record a half or complete lap will nullify the lap (and you'll have to do it again!). Similarly the Finish Line must be crossed at the end of the event. If you wish to have a rest you must tell the timing team before doing so and then let them know when you are going back out so we don't go looking for you because you've taken two hours to do a loop.
- This is a working farm. Leave gates as you find them. Only cross fences at stiles and do not “spring off” the top, or other, wire. While every effort will be made to minimise exposure to stock, if you find yourself among stock, remain calm and do not deliberately antagonise them, they are very used to people and are only curious. If you find yourself between a mother cow and her calf, walk away from the calf as quickly as possible.
- If you become injured during the event, remain on the course and seek assistance from other competitors/officials.
- The Race Directors and their agents reserve the right to withdraw any participant from the course if it is believed it would be medically detrimental or dangerous for a participant to continue. We also reserve the right to call an ambulance on your behalf should this be deemed necessary.
- Participants who require any personal medication such as asthma inhalers or anti-histamine for bee/wasp stings or hayfever etc, must carry those items. This is your own responsibility.
- You must wear your event number on your front so it is visible at all times.
- NO LITTERING. Waste receptacles will be provided in the transition/base area but not out on the course. Please separate waste into the correct designated bin for compost, recycling and waste. Please respect our “no single use plastic” policy.
- You must respect and treat fellow participants with care, courtesy and consideration.
- ➔ Specifically this includes being patient and waiting your turn at any points of congestion such as narrow track segments, stiles, and bridges with “3 Max” designation.
- ➔ Competitors must stop and offer aid to any other competitor in need of assistance. This may include administering first aid and/or taking a message to nearest race official, and/or assisting in carrying out an incapacitated competitor. Time credits will be applied for those whose race has been impacted whilst assisting an injured competitor.

- ➔ When overtaking other runners/walkers you must signal to them that you wish to, or are attempting to pass e.g. by calling ahead “Can I please pass?”, “Passing on the right”. Similarly if you are a slower runner please make room for faster runners to pass and be aware when they are coming up behind you.
- ➔ Note that the track will still be open to the public. You will inevitably encounter walkers and mountain bikers. Competitors must give way to other track users and always show courtesy.
- In consideration of the above, no ear-obscuring headphones to be worn. If you cannot run without music and use earbuds, at least one earbud must be left dangling/unfitted so as to easily hear approaching runners and cyclists.
- Competitors should be aware of the speed at which weather can change and be ready for all weather conditions. No compulsory gear checks will be conducted however competitors need to have access to (at Base Camp or on their person) the following items.
  - ✓ Base layer: 1 long sleeve thermal top, and 1 pair thermal long johns
  - ✓ Gloves, beanie/thermal and sun hat
  - ✓ A seam sealed jacket
  - ✓ Sun protection
  - ✓ A survival blanket/bag and whistle are recommended to be carried
- **Headlamps are compulsory on course between the hours of 8pm and 6am.**
- There are noise control limits placed on the event from 10:30pm until daylight in consideration of other park users (campers). Please practice silent/quiet cheering/encouragement of competitors and finishers during these hours or we risk being evicted and the event shut down. It is expected that we keep noise to or below conversation level.
- Walking poles are allowed in the 50k, 100 km and 100 mile races only.
- Any runners under the age of 18 must have parental/guardian consent.

**These rules form part of the condition of entry and if breached could result in disqualification.**

Have FUN ...

go HARD ...

CHALLENGE YOURSELF ...

SUPPORT ONE ANOTHER ...

EMBRACE THE KRAYZIE WITHIN!